

Name _____

Understanding the Effects of Sleep Deprivation on Cognitive Function

Short Answer Key

1. Sleep is important for our brains because it recharges and organizes information, helping us concentrate, solve problems, and remember things.
2. Three effects of sleep deprivation on cognitive function are trouble concentrating, memory problems, and mood changes.
3. Teens (13-18 years old) generally need 8-10 hours of sleep per night.
4. Screens like phones or tablets should be avoided before bedtime to help you sleep better.
5. To create a comfortable sleep environment, you should make sure your bedroom is dark, quiet, and at a comfortable temperature.

